

So What Exactly is Therapy?

Learn what it is – and the essential factor for success



Perhaps you've considered therapy for yourself or a loved one, but aren't exactly sure what's involved. While there are seemingly endless modalities and letters you'll hear associated with therapy, there are some foundational aspects essential to providing the container for successful therapy.

Individual therapy is a special relationship you establish with a trained professional, built on mutual respect, that aids you in meeting your emotional and behavioral goals. It can cover the waterfront from the need to uncover places where you're stuck in your life (e.g., relationships, career, etc.), to the other extreme of working through emergent emotional crises.

The important part of therapy is that the space in which it happens is safe, empathetic and nonjudgmental, allowing you to experience facing vulnerabilities in a way that then empowers you to move towards emotional health.

Sometimes the process is as simple as a two-heads-are-better-than-one paradigm when trying to solve a problem. Other times, it might be the scary process of divulging painful aspects of your life that the therapist can hold with you as you dissect the trauma to gain power over it. Sometimes, it might just be the therapist providing resources to help you through a challenge, such as how to parent a difficult toddler.

Group therapy, family therapy and couples therapy are powerful therapeutic modalities as well. Though the dynamic feels different, as with individual therapy, it must occur in the same safe, nonjudgmental space for therapeutic change to occur.

The essential factor for success

Looking for a therapist that has the right training and expertise is just part of the search process. A more important part is finding a therapist that fits your needs, style and comfort level. The power of therapeutic change is greatly dependent on the relationship you establish with your therapist.

Getting started

Headway can help you find your match from our diverse range of highly-trained, down-to-earth therapists. You can even get a feel for the therapeutic experience with a complimentary, no-obligation 20-minute phone session. Contact us at [763-746-2411](tel:763-746-2411) to learn more.